



Statistics Report 20035, Quinoa, uncooked

Report Date: June 27, 2017 04:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	13.28	--	0.501	12.51	14.22	2.0	11.119	15.434	1	Analytical or derived from analytical	--	04/2007
Energy	kcal	368	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Energy	kJ	1539	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Protein ¹	g	14.12	--	0.955	12.22	15.19	2.0	10.015	18.234	1	Analytical or derived from analytical	--	04/2007
Total lipid (fat) ¹	g	6.07	--	0.302	5.58	6.62	2.0	4.767	7.366	1	Analytical or derived from analytical	--	04/2007
Ash ¹	g	2.38	--	0.016	2.35	2.4	2.0	2.306	2.447	1	Analytical or derived from analytical	--	04/2007
Carbohydrate, by difference	g	64.16	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Fiber, total dietary ¹	g	7.0	--	0.551	6.1	8	2.0	4.63	9.37	1	Analytical or derived from analytical	--	04/2007
Starch ¹	g	52.22	--	0.394	51.75	53	2.0	50.521	53.912	1	Analytical or derived from analytical	--	04/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca 1	mg	47	--	0.333	47	48	2.0	45.899	48.768	1	Analytical or derived from analytical	--	04/2007
Iron, Fe 1	mg	4.57	--	0.167	4.4	4.9	2.0	3.85	5.284	1	Analytical or derived from analytical	--	04/2007
Magnesium, Mg 1	mg	197	--	6.667	190	210	2.0	167.982	225.351	1	Analytical or derived from analytical	--	04/2007
Phosphorus, P 1	mg	457	--	23.333	410	480	2.0	356.271	557.062	1	Analytical or derived from analytical	--	04/2007
Potassium, K 1	mg	563	--	38.442	520	640	2.0	397.931	728.735	1	Analytical or derived from analytical	--	04/2007
Sodium, Na 1	mg	5	--	0.921	3	6	2.0	0.671	8.595	1	Analytical or derived from analytical	--	04/2007
Zinc, Zn 1	mg	3.10	--	0.100	3	3.3	2.0	2.67	3.53	1	Analytical or derived from analytical	--	04/2007
Copper, Cu 1	mg	0.590	--	0.059	0.5	0.7	2.0	0.338	0.842	1	Analytical or derived from analytical	--	04/2007
Manganese, Mn 1	mg	2.033	--	0.684	1.3	3.4	2.0	-0.91	4.976	1	Analytical or derived from analytical	--	04/2007
Selenium, Se 1	µg	8.5	--	3.240	2.2	13	2.0	-5.437	22.447	1	Analytical or derived from analytical	--	04/2007

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin 1	mg	0.360	--	0.015	0.34	0.39	2.0	0.294	0.426	1	Analytical or derived from analytical	--	04/2007
Riboflavin 1	mg	0.318	--	0.011	0.31	0.34	2.0	0.269	0.367	1	Analytical or derived from analytical	--	04/2007
Niacin 1	mg	1.520	--	0.103	1.32	1.66	2.0	1.078	1.961	1	Analytical or derived from analytical	--	04/2007
Pantothenic acid 1	mg	0.772	--	0.037	0.73	0.85	2.0	0.611	0.932	1	Analytical or derived from analytical	--	04/2007
Vitamin B-6 1	mg	0.487	--	0.042	0.41	0.55	2.0	0.306	0.668	1	Analytical or derived from analytical	--	04/2007
Folate, total 1	μg	184	--	8.373	170	199	2.0	148.306	220.36	1	Analytical or derived from analytical	--	04/2007
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food 1	μg	184	--	8.373	170	199	2.0	148.306	220.36	1	Analytical or derived from analytical	--	04/2007
Folate, DFE	μg	184	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Choline, total 1	mg	70.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Betaine 1	mg	630.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007

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Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin A, RAE ¹	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta ¹	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Carotene, alpha ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Cryptoxanthin, beta ¹	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Vitamin A, IU	IU	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Lycopene ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Lutein + zeaxanthin ¹	µg	163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Vitamin E (alpha-tocopherol) ¹	mg	2.44	--	0.188	2.12	2.77	2.0	1.628	3.245	1	Analytical or derived from analytical	--	04/2007
Tocopherol, beta ¹	mg	0.08	--	0.017	0.05	0.1	2.0	0.012	0.155	1	Analytical or derived from analytical	--	04/2007

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Tocopherol, gamma 1	mg	4.55	--	0.660	3.23	5.25	2.0	1.709	7.391	1	Analytical or derived from analytical	--	04/2007
Tocopherol, delta 1	mg	0.35	--	0.075	0.22	0.48	2.0	0.027	0.673	1	Analytical or derived from analytical	--	04/2007
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	1	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	1	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1	µg	0.0	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
Lipids													
Fatty acids, total saturated	g	0.706	--	--	--	--	--	--	--	1	Calculated or imputed	--	04/2007
8:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
10:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
12:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
14:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
15:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 1	g	0.600	--	0.026	0.56	0.65	2.0	0.486	0.714	1	Analytical or derived from analytical	--	04/2007
17:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
18:0 1	g	0.037	--	0.003	0.03	0.04	2.0	0.022	0.051	1	Analytical or derived from analytical	--	04/2007
20:0 1	g	0.030	--	0.000	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	04/2007
22:0 1	g	0.030	--	0.000	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	04/2007
24:0 1	g	0.010	--	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2007
Fatty acids, total monounsaturated	g	1.613	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
14:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
15:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
16:1 undifferentiated 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008

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17:1 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
18:1 undifferentiated ¹	g	1.420	--	0.038	1.35	1.48	2.0	1.257	1.583	1	Analytical or derived from analytical	--	04/2007
20:1 ¹	g	0.093	--	0.003	0.09	0.1	2.0	0.079	0.108	1	Analytical or derived from analytical	--	04/2007
22:1 undifferentiated ¹	g	0.083	--	0.003	0.08	0.09	2.0	0.069	0.098	1	Analytical or derived from analytical	--	04/2007
24:1 c ¹	g	0.017	--	0.003	0.01	0.02	2.0	0.002	0.031	1	Analytical or derived from analytical	--	04/2007
Fatty acids, total polyunsaturated	g	3.292	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
18:2 undifferentiated ¹	g	2.977	--	0.226	2.53	3.26	2.0	2.004	3.949	1	Analytical or derived from analytical	--	04/2007
18:3 undifferentiated ¹	g	0.260	--	0.010	0.25	0.28	2.0	0.217	0.303	1	Analytical or derived from analytical	--	04/2007
18:4 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
20:2 n-6 c,c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008

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20:3 undifferentiated ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
20:4 undifferentiated ¹	g	0.009	--	0.001	0.01	0.01	2.0	0.005	0.013	1	Analytical or derived from analytical	--	04/2007
20:5 n-3 (EPA) ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
21:5 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
22:4 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
22:5 n-3 (DPA) ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
22:6 n-3 (DHA) ¹	g	0.047	--	0.009	0.03	0.06	2.0	0.009	0.085	1	Analytical or derived from analytical	--	04/2007
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan ¹	g	0.167	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Threonine ¹	g	0.421	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine 1	g	0.504	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Leucine 1	g	0.840	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Lysine 1	g	0.766	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Methionine 1	g	0.309	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Cystine 1	g	0.203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Phenylalanine 1	g	0.593	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Tyrosine 1	g	0.267	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Valine 1	g	0.594	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Arginine 1	g	1.091	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Histidine 1	g	0.407	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008

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Alanine ¹	g	0.588	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Aspartic acid ¹	g	1.134	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Glutamic acid ¹	g	1.865	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Glycine ¹	g	0.694	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Proline ¹	g	0.773	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Serine ¹	g	0.567	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9o, 2005 Beltsville MD